

Why Should I Breastfeed?



Why is breastfeeding the best for my baby?

Design

Human milk was made for human babies.
Breastmilk has never been copied.
Only mom can make this for her baby.

Health and Protection

Breastfed babies are healthy babies.
Breastmilk contains ingredients which protect the baby from many diseases, ear, infections, diarrhea, colic, and allergies.

Growth

Breastmilk is all the food your baby needs for proper growth during the first 4-6 months of life. Breastfeeding helps your baby's jaw develop. Mother's milk contains special ingredients that promotes the best brain development for a head start in life.

Satisfaction

A special bond forms between you and your baby because you know you are doing the best for your baby by sharing a part of yourself.

Why is breastfeeding best for me?

Simple

The breast is always ready, fresh, and clean. You don't have to lug around cans of formula, bottles, or water. There is no need to wash bottles, mix, refrigerate, or warm formula.

Money Saving

You will not have to buy bottles, nipples, nipple caps, brushes, purified water, or formula.

Weight loss

Breastfeeding helps you lose the extra weight gained during pregnancy, when you follow a sensible diet that is low in fat and adequate in calories.

Health

You can start breastfeeding right after birth. Your uterus will return to normal size quicker. Breastfeeding also reduces your risk for breast cancer.



Did you know:

You can work or go to school and still be able to breastfeed your baby.

You can breastfeed in public without exposing your breast.

Many people can help you be successful at breastfeeding such as a friend, family member, or health care worker.



Other benefits

Breastfeeding is safe for "mother earth"--no formula cans or packages to pollute the environment, and ---

Breastfeeding is a way to keep with tradition.

If you have any questions, contact your community nutrition worker or breastfeeding coordinator at:

